

**SUGGESTED USE:** Gently shake before use. Place 2 ml (about 40 drops) into a glass of juice or water and take by mouth. May also place directly into the mouth and swallow. Use as directed by your healthcare provider.

When taking this high level of Vitamin B12, track blood levels. Children and pregnant or lactating women should consult with their healthcare practitioner prior to use.

**STORAGE:** Store in a cool, dry place away from direct sunlight. Refrigerate after opening or use within 40 days of opening for maximum potency. Keep out of reach of children.

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**Manufactured for and Distributed by:**

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PHYSICIAN FORMULATED



Seeking Health®

**Optimal  
Liposomal  
Active B12**

with L-5-MTHF

Dietary Supplement

2 FL. OZ. (60 ML)

**Supplement Facts**

Serving Size: 2 ml (approx. 40 drops)  
Servings Per Container: Approx. 30

	Amount Per Serving	%DV
Vitamin B12 (as methylcobalamin)	5000 mcg	208,333%
Folate (as L-5-methylfolate)	100 mcg DFE	25%
Phosphatidylcholine and Phosphatidylethanolamine Complex (from non-GMO sunflower oil)	200 mg	*

\* %DV (Daily Value) Not Established

**Other Ingredients:** Purified water, glycerin, natural flavors and potassium sorbate (0.1%).

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, or wheat.

**Optimal Liposomal Active B12 Meets or Exceeds cGMP Standards.**